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My Heart Knows

Choreographer : Heather Barton
Level : Absolute Beginner
Counts : 32
Type of dance : 4 Wall
Intro : Start Immediately
Music : My Heart Won't Let You Leave My Mind – by Jake Mathews

SEC 1 Side Shuffle, Back Rock, Side, Touch Over, Side, Touch Over

1&2 Step right to right, step left beside right, step right to right
3-4 Rock left back, recover weight onto right
5-6 Step left to left, touch right over left
7-8 Step right to right, touch left over right

SEC 2 Side Shuffle, Back Rock, Toe Strut, Toe Strut

1&2 Step left to left, step right beside left, step left to left
3-4 Rock right back, recover weight onto left
5-6 Touch right forward, drop right heel transferring weight onto right
7-8 Touch left forward, drop left heel transferring weight onto left

SEC 3 Rocking Chair, ¼ Jazzbox

1-2 Rock right forward, recover weight onto left
3-4 Rock right back, recover weight onto left
5-6 Cross right over left, turn ¼ right step left back (3:00)
7-8 Step right to right, step left forward

***Restart Here on Wall 7**

SEC 4 Charleston, Modified Charleston

1-2 Step right forward, kick left forward
3-4 Step left back, touch right back
5-6 Step right forward, kick left forward
7-8 Step left back, touch right beside left

Start Again

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